

Name:

You are not required to share your work on this page with anyone else, though you may if you like.

1. Describe a situation in which you would lack self-confidence.

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2. What are some negative thoughts you might have about yourself in this situation?

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3. What strengths do you have that would help you deal with the situation? Choose one or two strengths and describe how you could use these to help you deal with the situation.

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4. What positive messages could you give yourself to improve your self-confidence and feel more able to deal with the situation?

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